



Annual survey child count and verification

The [Annual Survey Child Count](#) is now an electronic survey. All Local Educational Agency (LEA) child counts need to be submitted by **Friday, Nov. 10**. All State Agency (SA) child counts need to be submitted by **Friday, Dec. 15**. If you have questions regarding how to complete the child count survey, visit the [Title I, Part D](#) webpage to view the training

documents or contact your N & D state coordinators.

The verification process remains the same. LEA's will need to run the ad-hoc report and add any additional students in the specified survey portion. Department of Juvenile Justice (DJJ) facilities will need to upload their school calendars within the survey before submission.

Trauma-informed care (TIC)

"A traumatic event is actual or threatened death, a serious injury, or sexual violence that involves one or more of the following: directly experiencing trauma, witnessing trauma, repeated/extreme exposure to the details of traumatic events, (for children 0-6 years) hearing about trauma that happened to a parent or a caregiver." (American Psychiatric Association 2013.)

Unfortunately, many of the students in our care have experienced trauma. Below are some resources regarding trauma and mental health. Please take time to make yourself aware and to become better equipped to help your students.

1. <https://relwest.wested.org/events/329>

Three exceptionally well-conducted webinars on children and trauma created by national trauma-informed care (TIC) technical assistance experts, including one on engaging youth and fostering positive youth development, and one on self and collective care of youth serving adults.

2. <https://dpi.wi.gov/sspw/mental-health/trauma/modules>

Extremely comprehensive teacher professional development modules from the Wisconsin Department of Public Instruction that integrate TIC for educators into a more trauma-sensitive schools framework, modeled after Positive Behavioral Interventions and Supports. These include a module on self-care and one on engaging parents. Certificates of completion can be emailed.

3. <https://www.youtube.com/channel/UCF1Ek4OebwC-C6cxbth-EvcA>

University of Kentucky's Center on Trauma and Children developed these videos for educators and parents. The videos were made possible by Fayette County schools and Pulaski County schools as part of Kentucky's Advancing Wellness And Resilience in Education (AWARE) project.

- **Self-regulation Techniques for Children (for educators)**
This video teaches educators two quick, simple self-regulation strategies they can practice with students in non-escalated situations, so that students can better monitor and control their own emotions and behavior during times of distress.
- **Why Experiences Matter: trauma 101 for caregivers**
This video can help caregivers understand the effects that traumatic stress can have on children, the different types of trauma, post-traumatic stress disorder, common symptoms of traumatic stress and trauma reminders. There are also tips for responding to your child's reactions to traumatic stress as well as recommendations for treatment.
- **When to seek help if your child has experienced a traumatic event**
This video can help caregivers understand common reactions to traumatic stress and what kinds of traumatic stress reactions may require intervention from a qualified health professional. There are also tips for selecting appropriate mental health professionals as well as where you can go for help.
- **Get Connected: enhancing resiliency through school connectedness**
This video can help caregivers to understand the importance of connections in enhancing resiliency in children who have experienced traumatic stress. This video can

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"Tell me and I'll forget; show me and I may remember; involve me and I'll understand." - Chinese Proverb

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also help caregivers understand how school connect-
edness can be a strong protective factor for their child.
There are also many tips for you to “Get Connected!”
with your child’s school.

4. Kentucky AWARE works with UK Center on Trau-
ma and Children and the regional special education
cooperatives to engage school and district teams in
year-long professional learning focused on implanta-
tion of trauma-sensitive approaches in schools and class-
rooms. Contact your special education co-op to become
involved.
5. Kentucky AWARE also partners with UK Center on
Trauma and Children to train regionally based instruc-
tors who can work with schools to provide profession-
al development for educators on trauma-informed
approaches. Contact kathryn.tillett@education.ky.gov or
your special education co-op for more information.
6. Free Youth Mental Health First Aid certification is
available by request to any school community. Con-
tact kathryn.tillett@education.ky.gov (flyer attached).
Youth Mental Health First Aid is a day-long course that
teaches the skills to help someone who is developing a

mental health problem or experiencing a mental health
crisis. The program builds mental health literacy, help-
ing the public identify, understand and respond to signs
of mental illness, and be a support until appropriate
professional help is available. Trainees are taught how
to apply a five-step action plan in a variety of situa-
tions such as helping someone through a panic attack,
engaging with someone who may be suicidal or assist-
ing an individual who has overdosed. An important
component of the course is the opportunity to practice
the intervention strategy rather than to just learn about
it. This simple experience can make it easier to apply
the knowledge in a real-life situation. The curriculum
covers trauma as a powerful risk factor for mental
health disorders such as anxiety and depression, and
teaches educators supportive actions that are appli-
cable whether or not a young person’s symptoms are
caused by trauma. Because Kentucky’s children under
age 5 experience trauma at one of the highest rates in
the country, it is a good practice to adopt universally
supportive approaches that benefit all kids, in addition
to those with known trauma histories

Helpful resources:

[The National Child Traumatic Stress Network \(NCTSN\)](#)

[Neglected Delinquent Technical Assistance \(NDTAC\)](#)

[US Department of Education](#)

[KY Department of Education TIPD](#)

[KY Educational Collaborative for State Agency Children \(KECSAC\)](#)